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New England Patriots strong safety Malcolm Butler, left, intercepts a pass intended for Seattle Seahawks wide receiver Ricardo Lockette during the second half of NFL Super Bowl XLIX football game Sunday in Glendale, Ariz. Moments earlier Jermaine Kearse made a circus catch to give the Seahawks a chance to win, only to be foiled by the Butler interception. KATHY WILLENS/THE ASSOCIATED PRESS

Local fans thrilled over Pats win

The crowd at Schanks Sports Bar was a checkerboard of blue and green jerseys as the Seattle Seahawks and the New England Patriots battled it out for Super Bowl XLIX on Sunday night.

The Patriots clinched it in a 28-24 nail-biter for fans at the University of

Phoenix Stadium after a pair of improbable plays in the waning moments of the game.

The victory stopped the Seahawks from winning back-to-back Super Bowls — a feat that was last seen by the Patriots a decade ago.

Local fans Lesley Dudley

and Franco Leiva said they were banking on the Patriots to win this year's bragging rights. Leiva was certain the Pats were going to mount a charge for another victory, so their methodical Tom-Brady-engineered comeback came as no surprise to him.

Surrounded by fans of one of Calgary's favourite NFL teams, the Seahawks, Dudley pulled at her jersey and said, "It's hard to be a Patriots fan in this town, but at least now I don't have to decide what to wear to work tomorrow."

JENNIFER FRIESEN/FOR METRO

School wear and tear rising

Maintenance repairs. Extra provincial funds have yet to arrive



JEREMY
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Requests to replace everything from leaky drinking fountains to busted boilers appear to be on the rise in Calgary public schools and officials are warning of rising costs and potential impacts to students as facilities continue to age.

A report going forward to the Calgary Board of Education's board of trustees Tuesday states that a total of 19,160 regular maintenance and repair requests were recorded since the last time an update was provided in March 2014.

That total amounts to, on average, 84 issues per school operated by the CBE and is 15.5 per cent higher than the total reported in the previous period.

"As schools grow older each year, it is reasonable to expect that more maintenance requests will emerge each year," said Frank Copping, the CBE's superintendent of facilities and environmental services, in an email Sunday.

A 10-year accommodation plan published by the school board ahead of the 2012-13 year warned that the "original design life" of CBE schools was about 50 years and said 59 per cent of the organization's facilities would be over

that age mark within the next decade. By far, the greatest period of construction of current schools was seen between 1950-1970, when 160 facilities were built, the report stated.

Bob Anderson, president of the Canadian Union Public Employees local, which represents 700 custodial workers, said the bulk of problems seen by his members are "not catastrophic," but do have the potential to disrupt students.

"If you've got kids sitting in classrooms wearing coats because the heating system in that room isn't working quite properly, they're paying attention to staying warm, not what the teacher is saying," he said.

"What we face is the continuous challenge of making a broken motor work. A week in the classroom where the kids have to push their desks to the side and put a trash can in the middle so it catches (leaking) water ... is that a great learning environment for your children? Is that a healthy environment for your children?"

The CBE has said its total infrastructure maintenance backlog amounts to \$1 billion. The Alberta government did boost province-wide funding for dealing with such issues by 29 per cent to \$100 million in the 2014 budget.

Alberta Education Minister Gordon Dirks then vowed in October to double up on that pledge by adding another \$100 million, but CBE officials say not all of that money has been provided to date.



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Gambling. Province considering Internet gaming site

Alberta could soon be rolling the dice on a government-run gambling website, as the Alberta Gaming and Liquor Commission (AGLC) is looking for "turnkey solutions" to get casino games online.

The AGLC has a tender for ready-to-go projects, with a deadline of late February for companies to submit bids.

"We're going out into the marketplace to see what types of programs exist and would be best for us," said AGLC CEO Bill Robinson.

He said the final decision would ultimately rest with the minister of finance, but there's a big source of gaming revenue that's currently being lost.

"Right now, we estimate that there is anywhere between \$120-\$150 million being played by Albertans on what we call 'grey market' sites," he said, adding those sites don't contribute to Alberta charities or government coffers, and a gaming site "allows you more opportunities to push out responsible-gaming messaging."

Giselle Jubinville, an author who wrote about her own addiction to video lottery terminals, said the possibility of the province expanding into online gaming is troubling.

"Now they're just going to make it more accessible for young kids," she said, adding the government should be doing more to curb addictions, not profiting from them.

"Absolutely anyone can become addicted — it doesn't matter if you're a doctor, a lawyer, a mechanic or a housewife. I have met them all," she said.

RYAN TUMILTY/METRO IN EDMONTON

'Urban off-leash park' planned for downtown

Beltline. Area has lots of dog owners with no place to walk their pets, so city's goal is to build one later this year



ROBSON
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Downtown dog owners will soon be able to walk to a place where they can let their pets run, as Calgary aims to build the city's first "urban off-leash park" later this year.

Project manager Jason Jones said detailed designs for the revamp of Connaught Park in the Beltline, at the corner of 14th Avenue and 11th Street S.W., are now underway following public consultations last fall on devoting half of the core-area green space specifically to canines.

"It's the first of its kind," he said. "We don't have an urban off-leash park within Calgary."

The area will be fully fenced and "roughly the size of a hockey rink," Jones said, with trees and benches and a drinking fountain inside.

"There's definitely dog owners that live within the Beltline community, but there's not a designated place to take their dogs, so a lot of what we're finding is they're driving to these other parks," Jones said. "This offers a walkable option."

Darren Hong lives in the Beltline and said he's one of 10 dog owners in his apartment building. Currently,



Darren Hong walks Bailey down 15th Avenue S.W. early Sunday morning. He typically has to make a 10- to 15-minute drive to take her to the nearest dog park. JENNIFER FRIESEN/FOR METRO

he has to drive his year-old puppy Bailey out to Altadore or Sandy Beach Park for her to get suitable exercise.

"We definitely need a dog park to run her energy out," said Hong. "(An urban dog park) would be really convenient because there are a lot of dogs around the neighbourhood and everyone has to drive 10 to 15 minutes out of the core just to take their

dogs out."

Jones said Connaught Park may seem small compared to some of the much larger off-leash areas Calgary is "blessed with," but similar-sized dog parks have worked well in other urban settings.

"In some dense areas of New York and Chicago, there are these off-leash areas in these little 'pocket parks' and they've been very successful,"

Jones said. "So it's a different look for Calgary in offering this service."

Firm time frames aren't yet in place, but Jones said construction is set to begin later in 2015 and the goal is to complete the park before the end of the year.

"Ideally, we would finish the construction in one season," he said. "That would be the plan."

1 NEWS

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Extreme sports. Athletes slide through qualifiers for Red Bull Crashed Ice

Hundreds of athletes piled into the Winsport arena on Sunday, each one waiting to hurl themselves head-first down a stretch of solid ice.

Armed with skates, helmets and a can of Red Bull, the skaters were all vying for a spot for the 15th annual Red Bull Crashed Ice event March 14 in Edmonton.

The event is a combination of hockey, downhill skiing and boardercross, with skaters racing down a hill of ice, filled with obstacles and jumps, hoping to reach the bottom first. With speeds reaching upwards of 60 kilometres per hour, a few crashes are inevitable, making the event worthy of its name.

Jake Plant, 21, who qualified in first spot from the Calgary qualifier said the risk is part of the draw.



More than 200 hopeful Calgarians tried out at Winsport arena for the Red Bull Crashed Ice race in Edmonton.
JENNIFER FRIESEN/FOR METRO

"It's about the adrenaline rush," said Plant. "I grew up playing hockey and skiing, so this just combines everything I liked doing growing up."

JENNIFER FRIESEN/FOR METRO

Politics. Province close to signing air charter firms

The Alberta government hopes to soon have commercial charter companies ready to fill the void left after the province's own air fleet was put on the auction block.

Premier Jim Prentice had the Alberta fleet put up for sale shortly after he took office. Prentice has said government officials will fly commercial as often as possible, with commercial charters filling in only when absolutely necessary.

Service Alberta spokesperson Eoin Kenny said they've received a lot of interest for the government work.

"There are a number of people who have submitted bids and we're very close to signing agreements with

them," he said.

Kenny said the government plans to sign up several companies to be on their preferred list so they will have choice when they need a flight.

"We're looking at best value options for different types of flights," he said.

The government plans most of the flights to be for situations where commercial flights are unavailable, which, according to the tender documents, happens about 400 times per year.

Kenny said they're also confident the government's fleet of planes will attract bidders.

"There's still a far amount of interest. We have had at least 50 people download the packages," RYAN TUMILTY/METRO

Exam exemption requests rolling in

Education. 1,400 city students and counting want diploma essay mark to be dropped



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Hundreds of Calgary students have applied to toss away their diploma essay mark after a technical glitch last month sparked panic and confusion.

The issues on Jan. 13 centered around a program used to administer Part A of the English 30 diploma exam called QuestA+. As thousands around the province logged on to write the test — for most it was the first diploma they'd ever taken — the system crashed, leaving many to turn to old-fashioned pen and paper after delays of up to an hour.

The province has since said students can apply for an exemption on the essay portion, but would still have to take the reading comprehension test — combined, those marks form 50 per cent of a student's final English 30 mark.

According to Alberta Education spokesman Rohit Sandhu, about 1,800 students province-wide requested an exemption.

Figures provided by school boards indicate the majority of such requests have come from city students, with 865 Calgary Board of Education students making such a request along with 421 from the Calgary Catholic School District.

In the Catholic district, the



Matt Christison, principal at Centennial High School, said he's not sold that schools have the technology infrastructure to have hundreds of students simultaneously write a test online. METRO FILE

Quoted

"Our networks were built for other things, they were built for us to do things internally."

Centennial High School principal Matt Christison

exemption requests covered 29 per cent of the total number of students writing the exam. The CBE could not specify how many students wrote specifically the 30-1 test as there were also some taking a 30-2 exam.

At Centennial High School, principal Matt Christison watched as some students took

the testing troubles in stride, while others struggled immensely.

"This is very high-stakes testing, a lot of students need this mark to get into post-secondary," he said Sunday. "It just intensifies that."

But Christison also alluded to a larger struggle in the evo-

lution of testing. He noted that a pilot of online Student Learning Assessments for Grade 3 kids in the fall was also marred by technological shortcomings.

"It may in fact require something that schools don't have," he said of the administration of online tests.

"Our networks were built for other things, they were built for us to do things internally."

He added, "It's like the draw on electricity during Christmas-time than the rest of the year ... it puts huge pressures on what infrastructure there is there."

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Members of the Ramsay community are again butting heads with area Coun. Gian-Carlo Carra, inset, but this time the elected representative is standing with the area community association, not against it. DARREN KRAUSE/METRO

Councillor fears 'Empire Strikes Back' in Ramsay

Governance. Carra pens new letter urging community to stand with current board



JEREMY NOLAÏS
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Fearing a flare-up of past tensions, a city councillor has written a new letter urging residents in a southeast community to stand up to what he describes as a "small interest group."

In 2011, Coun. Gian-Carlo Carra was criticized heavily by the then-Ramsay Community Association board after he severed ties with them, claiming at the time he couldn't support the way they were "governing."

Carra says that a few weeks later the community showed up in force to vote in a new board and usher in positive change in the community. But it appears tension remains,

as the Ward 9 representative wrote in a letter last week that the original board members, whom he says are now involved with the community's civic-affairs committee, used "quasi-parliamentary procedure" to resist reforms to the committee.

"Appearing as your city councillor, I was attacked for being there and told '(I) have no standing at the Ramsay Community Association,'" Carra wrote, before urging residents to "stand with the current RCA leadership."

Reached Sunday, Carra said the opposite scenario is playing out when compared to 2011. He now believes Ramsay's board of directors is representing the interests of a majority of residents, but a small pocket of resisters — he says no more than 12 — are actively working to deter some from getting involved.

He said their opposition is troubling, especially with big decisions looming in the community, including how Calgary Transit's Green Line will run

through it.

"There's big changes coming to Ramsay, and we need to have a community association that represents the broad interests of the community and we need the community to feel welcome and engaged," Carra said. "There's sort of this Empire Strikes (Back) thing going on that we have to nip in the bud."

Metro did attempt to reach members of the past Ramsay board but was unsuccessful.

Even still, Carra's letter rubbed 18-year resident Brenda Harll the wrong way. She claims that the current Ramsay representatives have a "divide and conquer attitude" and accused the Ward 9 councillor of acting as their "puppeteer."

Harll said the longtime residents who helped make Ramsay what it is are being forgotten.

"We're the ones who helped Ramsay become an area where these young people want to come and raise their families," she said. "Big forgetfulness on their part."

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The Canadian company HolaEcuador understood the challenges faced by Canadian snowbirds and now facilitates the sun property acquisition process. After having visited Mexico, Costa Rica and Panama, company co-owners Yves Cormier and Gordon Poole chose Ecuador as the ideal location. The quality of the country's infrastructure, incredible biodiversity, low cost of living, beautiful landscapes, accessible and modern healthcare system and year-round mild climate were the decisive factors.

"Since 2010 we have helped hundreds of Canadians acquire a property on the Pacific coast of Ecuador", says M. Cormier, VP Sales and Marketing. "We are literally creating an entire seaside village. Of the 1,700 properties that we had available at the start of the project, only 700 remain unsold. And now with the majority of the site infrastructure completed, home construction is ramping up quickly."



Mr. and Mrs. Oulianov from Ottawa, purchased their property in HolaEcuador's urban development. "The ability to sign a Canadian contract was reassuring for us", indicates Mrs. Oulianov. "Furthermore, the HolaEcuador representatives here in Gatineau answered all our questions and helped us throughout the entire purchase process. The whole experience was very positive!" The following comments were shared by Mrs. Boucher from Gatineau, who felt reassured by



Mr. and Mrs.
Oulianov,
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the progress of the construction of her house and the project in general: "What was promised, was delivered! The project is moving forward quickly and the promoters work with the utmost precaution and make the proper decisions.", she adds.

GOOD TIME TO INVEST

For now, Ecuador remains a relatively well-kept secret. Properties in Ecuador are much more affordable than in similar tourist destinations, which is one of the main reasons that Canadian travellers and investors are flocking to the region. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place" confirms Mr. Poole. "Further, the Ecuadorian government is very stable and the currency is the US dollar, which is also very reassuring for investors.", he adds. All that said, prices are rising quickly with the current real estate boom in the region. The Oulianovs wanted to act quickly and take advantage of the favourable market. "The development itself is spectacular - an endless beautiful beach, lots of parks and gardens, services available right on the site, and a ton of activities available in the region. We're convinced that this will be a fantastic community in a secure and comfortable environment."

TO GET MORE INFORMATION

"At HolaEcuador's informational seminar I was pleased to discover the high level of professionalism of the developers and the overall quality of the project. In addition to providing lots of interesting information about Ecuador in general, Mr. Poole also provided an in-depth look into this residential project and he took the time to answer numerous questions from the participants. The information that was provided at the seminar left me with a great deal of confidence to take the next steps in realizing my dream." says Al Hendley, a client in Ottawa.



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Provincial politics

Liberals pick Swann as interim leader, reject merger talks

The Alberta Liberals selected Calgary MLA David Swann as their interim leader Sunday, rejecting any notion of a merger with the Alberta Party.

Edmonton MLA Laurie Blakeman put her name forward as well but made her offer conditional on the

party allowing her to pursue a merger.

Party president Shelley Wark-Martyn said they're simply not prepared to give up their identity and would gain nothing from a merger with a party that has never won an election.

"We're not prepared to give up who we are and our values to another political party," she said.

She said they selected Swann because they know he's committed to the party.

"David Swann is a Liberal through and through," she said.

She said the party will meet in May to determine details of a leadership convention, but right now there focus is on election readiness.

Blakeman posted her merger proposal online. In it she argues it would be the best way to grow the party.

"The intent is to offer a progressive alternative that speaks to our existing base

and is capable of attracting new progressive voters," she wrote in the proposal.

She said there are voters who don't want to vote for the Progressive Conservatives but want to be shown an option.

"There are young progressive urban Albertans who are politically minded and would welcome an opportunity to become engaged in the electoral process. They want their voice to be heard."

RYAN TUMILTY/METRO

Census Takers Required

The City of Calgary is accepting applications for Census Takers from January 5 - end of February.

Applications will be accepted in person, at The City of Calgary, Election and Information Services' office, 1103 55 AVE NE, between 8:30 a.m. – 4p.m. Monday to Friday.

What does a Census Taker do?

Starting in May, Census takers go door-to-door visiting all homes in their assigned area (approximately 400 – 600 dwellings) to collect census information. Census Takers collect data using tablet computers. Training is provided.

To qualify as a Census Taker, you must be:

- 18 years of age or older.
- Available to collect census information starting the month of May.
- Able to complete online training at home, and available for a short in-person session in March.
- Able to walk in seasonable weather conditions.
- Able to operate a tablet computer.

In addition to completing an application form, there is a written assessment test that must be completed in person, which takes approximately 30 minutes. Applications can be downloaded at calgary.ca/census but must be submitted in person at the Election and Information Services Office.

Successful applicants will be assigned to an area on a first-come first-served basis.

For more information or to download an application form, please visit Calgary.ca/census.



Dr. Waqar Waheed, who specializes in child and adolescent psychiatry at the Alberta Children's Hospital, says the relationship between the Calgary police and health officials is important when providing education and intervention to address issues like youth gang involvement. MORGAN MODJESKI/METRO

Keeping the kids all right

Crime. Calgary police team up with Alberta Health Services to provide a crash course on anti-gang resources

Details

The workshop takes place Feb. 9 at the Alberta Children's Hospital at 6:30 p.m. as part of the AHS Community Education Service.



MORGAN MODJESKI
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From getting stabbed to getting arrested, gang involvement can have a detrimental and lasting impact on a young person's life. However, intervention and education at an early age can prevent a lifetime of trouble.

An upcoming event hosted by the Calgary police and Alberta Health Services will provide parents and guardians a crash course on anti-gang resources.

Dr. Waqar Waheed, who works in child and adolescent psychiatry at the Alberta Children's Hospital, said beside risks like involvement in illegal and sometimes violent activity, gang-life can cause a youth to lose focus during a critical stage of development.

"The longer-term negative consequences of having been in a gang are really signifi-

cant," Waheed told Metro.

"One of the factors that tends to haunt individuals long after they've left a gang is the impact of educational loss (and) educational deprivation in a very sensitive time period."

He noted gang involvement can follow an individual for a lifetime, as even when a person has left a gang, they may be targeted by those within the gang lifestyle.

"Individuals who were involved in gangs tend to be seen perhaps by many as still being gang-involved despite their own perhaps personal decision to leave."

Sgt. Jason Walker with the Calgary Police Service's Guns and Gangs Unit will be presenting at the session. He says building a relationship with parents is an important part of addressing the issue.

"We're looking for any avenue within reason to build up that trust," said Walker.

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Crime

Alleged serial robber 'charming,' says motel owner

The owner of Grande Prairie's Lodge Motor Inn, where RCMP arrested a suspect they believe is responsible for at least nine bank robberies across three provinces, said he never would have guessed the man was an alleged bandit.

"He didn't act like a 26-year-old but he was charming; he got along with people," said Ray Johnson, who has been running the Lodge Motor Inn for roughly 30 years.

The suspect, who was taken into custody on the afternoon of Jan. 30, was wanted in connection to the robbery of nine financial institutions: five in B.C., three in Alberta and one in Saskatchewan.

MORGAN MODJESKI/METRO

Waze

Mapping app could aid impaired drivers: Police

Officials with the Calgary Police Service say an app that allows users to post real-time traffic updates may be beneficial for navigating traffic but could keep drunk drivers in harm's way.

Through the app, called Waze, drivers have the op-

tion to provide other users with information they see on their commute, whether alerting others of a traffic jam or "cluing them in to a police trap," says the Waze website.

But Staff Sgt. Paul Stacey said that while speed-trap locations are already broadcast widely, informing other motorists about certain traffic-enforcement efforts, like a DUI check-stop, could be problematic.

MORGAN MODJESKI/METRO

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Joni Righthand shows off her Punctuation Association comic strip.

HELEN PIKE/METRO

Autistic cartoonist finds niche

Art. Creating comic strips helps woman living with disability gain control in her life



HELEN
PIKE
helen.pike@metronews.ca

A self-taught cartoonist in Calgary with autism has found her true calling in short and funny storylines and hopes to take her book-making business to the next level.

Joni Righthand has produced two booklets, inspired by the Garfield-style strips she reads regularly.

Now that Righthand has printed 100 copies and begun selling them to friends and family, she wants to expand her business and feature the publications in stores.

"I'm the creator of Punctuation Association — it's a comic I created all by myself," Righthand said. "I built it from the ground up."

Righthand lives in a group home and participates in Calgary Alternative Day Options.

She said making comics and running her own business is how she maintains some independence.

"It's kind of nice to have something you're in control of," Righthand said. "Being disabled and having someone run your life gets tiresome after a while."

Her comic strips feature a question-mark-shaped dog aptly named Question and a man shaped like an exclamation point fittingly called Excla. Righthand came up with the main characters during a Grade 8 assignment.

She said the dog is actually modelled after her own personality since she often takes things literally, which can lead to funny situations.

"That's why I'm able to come up with so many of the jokes, because I see the world in a very unique way," Righthand said.

Righthand has applied for a barcode to make her books available to retailers and will soon begin canvassing stores with her work. The books sell for \$10 a pop and can be purchased by sending an email to: punctassoc@hotmail.com

Seeing the world literally

"That's why I'm able to come up with so many of the jokes, because I see the world in a very unique way."

Autistic cartoonist Joni Righthand

Groundhog Day traces roots back to medieval traditions

Weather. Folklore says that a groundhog's shadow can forecast the end of winter season

What do a European Christian tradition, a 19th century American immigration pattern, and a cinema cult classic have in common? They've all helped turn groundhogs into North America's most popular weather prognosticators.

Each Feb. 2, crowds gather to watch Ontario's Wiarton Willie, Pennsylvania's Punxsutawney Phil and other furry forecasters take a shot at a task that baffles many humans. Folklore has it that if a groundhog sees his shadow he'll flee back to his burrow, heralding six more weeks of winter. If he doesn't, legend has it that spring is around the corner.

Chris Scott, chief meteorologist at the Weather Network, said Groundhog Day harkens back to medieval Europe and the Christian festival of



Groundhog handler John Griffiths holds Punxsutawney Phil on Feb. 2, 2014, after he saw his shadow predicting six more weeks of winter during the 128th annual Groundhog Day festivities in Punxsutawney, Pennsylvania. GETTY IMAGES

Candlemas.

Scott said early Europeans eventually threw a prognosticating hedgehog into the mix, adding the animals had hibernation patterns that naturally brought them out of hiding around the time of Candlemas.

Canada's marquee Groundhog Day event first took place in 1956 when Mac McKenzie, a

resident of the central Ontario town of Wiarton, was looking for a pretext to throw a party.

After settling on Groundhog Day, he sent out his invitations in the form of mock news releases. When one of them fell into the hands of a genuine reporter, however, McKenzie had to get creative.

"(The reporter) had to have

Lighting candles

- Groundhog Day has its roots in the medieval European tradition of Candlemas. On a day in early February, people would light candles and watch the weather to see whether or not spring was on the way. Many cultures adopted rhymes for the tradition. Among them is a Scottish couplet that says: "If Candlemas Day is bright and clear, There'll be two winters in the year."

a story," McKenzie explained in documents provided by festival organizers. "So we tossed a fur hat with a button on it into the snow. We said it was a groundhog, and the photo ran in the (Toronto) Star."

Wiarton has been home to Canada's premier Groundhog Day event, including in 1999, when organizers discovered Willie had died in the run up to his big day. **THE CANADIAN PRESS**

Egypt. Release of Aussie reporter raises hopes for jailed Canadian journalist

Al-Jazeera English reporter Peter Greste left Egypt on Sunday after the president approved his deportation, but there's no official word on jailed colleagues Egyptian-Canadian Mohamed Fahmy and Egyptian Baher Mohamed.

Greste, an Australian national, was released after more than a year behind bars in a case that was widely condemned by rights groups.

An Egyptian prison official and the nation's official news agency said Greste was released following a presidential "approval."

The official and an Interior Ministry statement said his release was an implementation of the new deportation law passed last year. The officials spoke on condition of anonymity be-

cause they were not authorized to speak to the media.

A lawyer for Fahmy said his client welcomed the news.

"He has instructed me to say he is very happy that Peter has been released and hopes for the same outcome for himself soon," Lorne Waldman said in an email to The Canadian Press.

Foreign Affairs Minister John Baird spoke Sunday with his Egyptian counterpart, Sameh Shoukry, about Fahmy's case, the ministry said in a statement. Baird said he welcomed Greste's release, and noted that he remained hopeful that Fahmy's case will be resolved in short order.

"Canadian officials will continue to work closely with the Egyptian government to provide consular assistance to Mr. Fahmy to ensure his well-being," the statement said.

Greste, Fahmy and Mohamed were sentenced to at least seven years in prison on terrorism-related charges last year in a trial described as a sham by rights groups.

THE CANADIAN PRESS

Quoted

"His deportation is in its final stages. We are hopeful."

Marwa Omara, Mohamed Fahmy's fiancée

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Anglican Church faces extinction in Quebec

As Rev. Yves Samson speaks to his congregation in the Quebec town of Trois-Rivieres, two things stand out: the bilingualism of the sermon and the dearth of parishioners.

Samson holds nothing back when he says that, without radical change, the Anglican Diocese of Quebec could soon be extinct. The fact Samson, 49, preaches in both languages might not sound radical to many Canadians, but to the Anglican Church — the Church of England — it is.

Several Protestant churches across Quebec have closed rather than turn bilingual.

Samson's church is Anglican in name only. The 10 people who showed up to mass on a recent Sunday included Baptists, Presbyterians and Unitarians.

The reverend said becoming ecumenical and bilingual is "the new reality" for former anglophone Protestant churches outside the Montreal area.

The new reality reflects the fact that in most regions outside Montreal, Anglo-Quebecers, and much of their culture, are on the verge of disappearing.

The Anglican Diocese of Quebec includes three of the province's main cities: Trois-



Rev. Yves Samson speaks to the faithful during mass Sunday at St. James Anglican Church in Trois-Rivieres, Que. GRAHAM HUGHES/THE CANADIAN PRESS

Rivieres, Sherbrooke and Quebec City.

People who speak English at home in both Trois-Rivieres and Quebec City make up about one per cent of the population. In the 1860s Quebec City used to be 40 per cent anglophone. In Sherbrooke, fewer than five per cent of residents speak English at home. In the 1860s that number was almost 60 per cent.

In light of this new reality the Anglican Church's task is daunting: persuade francophone Quebecers to become more religious and then have them choose to worship in the Church of England, one of the

main symbols of the British conquest.

"We see a grim portrait of our future in this diocese," the report concluded. "We need to act quickly on urgent and radical change in our ethos and structures."

Samson says he preaches in French and English in his two other parishes in Drummondville and Sorel, but doesn't know if most of the Anglican Church's congregations are willing to make the change.

The exodus of Anglophones in Quebec hasn't hurt just the Anglican Church, but also many other Protestant denominations. **THE CANADIAN PRESS**

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Horror, fear in Japan after ISIL video shows beheading

Slaying. Journalist Kenji Goto's work focused on refugees, children and other victims of war

Sunday to swap an al-Qaida prisoner for the pilot, Lt. Muath al-Kaseasbeh, who was seized after his F-16 crashed near ISIL's de facto capital, Raqqa, Syria, in December.

Government spokesman Mohammed al-Momani told The Associated Press "we are still ready to hand over" Sajida al-Rishawi, who faces death by hanging for her role in triple hotel bombings in Jordan in 2005. Al-Momani also said his country spared no effort to free Goto.

Appalled and saddened by news of journalist Kenji Goto's purported beheading by the Islamic State of Iraq and the Levant (ISIL), Japan ordered heightened security precautions Sunday and said it would persist with its non-military support for fighting terrorism.

The failure to save Goto raised fears for the life of a Jordanian fighter pilot also held by the militant group that controls about a third of Syria and Iraq.

Unlike some earlier messages delivered in the crisis, the video that circulated online late Saturday purporting to show a militant beheading Goto did not mention the pilot.

Jordan renewed an offer

The slaying of Goto, a freelance reporter whose work focused on refugees, children and other victims of war, shocked Japan, which until now had not become directly embroiled in the fight against the militants.

"I feel indignation over this immoral and heinous act of terrorism," Prime Minister Shinzo Abe told reporters after convening an emergency Cabinet meeting. "When I think of the grief of his family, I am left

speechless," he said. "We are filled with deep regret."

Threats from ISIL prompted an order for tighter security at airports and at Japanese facilities overseas. Government spokesman Yoshihide Suga said it would be "inappropriate" to comment on the status of the Jordanian pilot.

With no updates for days, al-Kaseasbeh's family appealed to the government for information. But for Goto's family and friends, the beheading shattered any hopes for his rescue.

"Kenji has died, and my heart is broken. Facing such a tragic death, I'm just speechless," Goto's mother Junko Ishido told reporters.

According to his friends and family, Goto travelled to Syria in late October to try to save Haruna Yukawa, 42, who was taken hostage in August and who was shown as purportedly killed in an earlier video.

THE ASSOCIATED PRESS



People holding a banner and signs gather to show their sympathy for the killed Japanese hostages, Kenji Goto and Haruna Yukawa, in front of the prime minister's official residence in Tokyo Sunday. THE ASSOCIATED PRESS

Extremists attack Nigerian city from four fronts



In this photo taken Jan. 27, villagers sit on the back of a small truck as they and others flee the recent violence near the city of Maiduguri, Nigeria.

JOSSY OLA/THE ASSOCIATED PRESS

Nigerian troops Sunday repelled Islamic extremists who attacked from four fronts on Maiduguri, the biggest city in northeast Nigeria, with several civilians killed by aerial bombs and grenades and mortar shells on the ground.

Soldiers said hundreds of insurgents died.

Terrified residents fled homes shaking from five hours of heavy artillery fire and streamed in from the outskirts of the besieged city of

two million, already crowded with another 200,000 refugees from the fighting.

In a separate attack, a suspected Boko Haram suicide bomber killed himself and eight others Sunday at the home of politician Sabo Garbu in Potiskum, in neighbouring Yobe state, according to witness Abdullahi Mohammed.

Garbu is contesting a legislative seat in Feb. 14 balloting that includes a presidential

election too close to call. Boko Haram denounces democracy.

For weeks Boko Haram has been closing in on Maiduguri, the group's spiritual birthplace. If it were able to plant its Islamic State of Iraq and the Levant-style flag there, even briefly, it would give them a major boost as the group loses ground in remote areas, said Jacob Zenn, author of a book about the insurgents.

Its third attack in a week

on Maiduguri came as Chad's forces launched a winning offensive, acting on an African Union directive for Nigeria's neighbours to help fight the spreading Islamic uprising by Nigeria's home-grown Boko Haram extremists.

International outrage has grown over attacks across the border into Cameroon and increasing ferocity that culminated in the slaughter of hundreds of civilians in Baga on Jan. 3. THE ASSOCIATED PRESS

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Notice of Hearing For Temporary Guardianship Order To Toscha Doyle

Take notice that on the **9th day of February 2015 at 9:30 a.m.**, at **Calgary Family Court, Courtroom #1208, 601 - 5th Street SW, Calgary, Alberta**, an Initial Custody Hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Temporary Guardianship Order; Supervision Order**, of your children born on **June 23, 2012 and August 22, 2013**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
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Agriculture. Farmers see low fuel costs as good, bad

Decades of boom-and-bust commodity prices, worker shortages and being at the mercy of the weather has removed the word "optimism" from Canadian farmers' vocabularies.

"At the moment, things are good right now," said Lynn Jacobson, president of the Alberta Federation of Agriculture, who also farms 600 hectares near Enchant in southern Alberta.

The recent plunge in fuel prices has been a welcome relief across the agricultural sector, helping ease the pain of low grain prices for growers and for cattle ranchers' profits.

But there is doubt. "If the oil price stays down too low, and the federal govern-

Transportation costs

Lethbridge farmer Gary Stanford said lowered diesel costs make a difference in reducing transportation expenses.

- **Ongoing trend.** If fuel prices hold, farmers could save thousands of dollars in 2015.

ment can't afford to keep their budgets going and they start looking for revenue, I'm hoping they're not going to try and put this on the backs of farmers," said Lethbridge farmer Gary Stanford. **THE CANADIAN PRESS**

United Nations

ICAO to review flight safety

The International Civil Aviation Organization will hold a high-level safety meeting this week to look at the global tracking of commercial aircraft and flights over conflict

zones. ICAO, the UN agency that governs civil aviation, says the conference will look at how to manage aviation safety in the future and study ways to increase regional co-operation.

Emerging safety issues will be discussed Tuesday. **THE CANADIAN PRESS**

Restaurant sanitation reports fly onto Twitter



Stewart Rand checks his tweets at the Halifax Seaport Farmers' Market on Sunday. JEFF HARPER/METRO

Social media.

Eatery inspections being tweeted out by software developer's program to foster food-safety awareness



ROSEMARY WESTWOOD
Metro in Toronto

The latest restaurant inspections in your city could be only a tweet away.

People in Vancouver, Toronto, Nova Scotia and New Brunswick can avoid the sometimes cumbersome food-safety websites if they want to find out who's been passing or failing food-safety inspections.

Stewart Rand is tweeting them out. Or rather, his computer programs are.

"I want to make it easier for people to see this information and find out who's

been naughty or nice with their sanitation," explained Rand, a software developer in Halifax.

"These days people are looking to have information brought to them," he added. "People don't want to go digging on some obscure website trying to find information."

While some sites are more helpful (Toronto's has an interactive map), others, like Nova Scotia's, are only basic search engines. And all of them take more time to navigate than a quick browse of a Twitter feed.

"The feeds run themselves, so it's not something I have to check in on," he explained. "I set up essentially computer programs that check these websites every few hours to see if there are any new inspections that have been posted. As soon as it finds those, it'll tweet them."

The feeds only post a certain number of tweets an hour and have been running for about six months.

Middle class composition lacks 'clear-cut definition'

Canada's middle class is the darling of doting politicians everywhere — the focus of a growing list of election promises, the subject of endless speeches, the precious vote-rich prize whose support can make or break a political party in this year's federal election.

The importance of the middle class is not in question. But its membership certainly is.

Politicians and economists often have different

definitions of the middle class, a demographic Canadians will hear more and more about as the October election date approaches.

"One of the troubles with the term middle class is it's so elastic and there's not a clear-cut definition," said Charles Beach, an economist and Queen's University professor emeritus.

Federal Finance Minister Joe Oliver suggested recently that families with kids that have pre-tax, annual incomes

of about \$120,000 were part of the middle class.

The Opposition New Democrats' definition focuses on the middle 60 per cent of income earners, while the Liberals describe the segment as the largest group of Canadians whose earnings allow for things like decent housing, education and retirement.

Economists feel more comfortable sticking to statistical models, but even those within the research commun-

ity have different methods of characterizing it.

An internal Finance Department document produced for Oliver shows that differences exist between political and statistical interpretations of the middle class.

In its example, the department described middle class as households where members 16 and older took home an average 2010 income between \$34,400 and \$44,900, after adding government transfers and de-

ducting taxes.

The department, which included its interpretation in a broader document exploring the "economic situation of Canadians in middle-class families," acknowledged the subjective nature of the term.

"There is no consensus definition of 'middle class,' nor is there an official government definition," said the memo, obtained by The Canadian Press under the Access to Information Act.

THE CANADIAN PRESS



Finance Minister Joe Oliver
SEAN KILPATRICK/THE CANADIAN PRESS

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VOICES

DIRKS DONE DODGING GSA DEBATE

Well, as long as he's given the OK by Premier Jim Prentice — but can he convince people he's been a strong ally of LGBTQ Albertans all along?



KLASZUS'
CALGARY
Jeremy Klaszus

Looks like Premier Jim Prentice has finally un-muted his new education minister. After months of evasiveness, Gordon Dirks has started speaking publicly about gay-straight alliances (GSAs) in schools — but it's too little, too late.

On Twitter last week, Dirks said: "For the record, I have always supported GSAs in schools and strongly expressed my support many times in #ableg (the Alberta legislature) last fall."

It's an interesting thing to say, given that Dirks spent the fall in hiding on this issue.

In December, as the debate over GSAs and the government's ill-considered Bill 10 raged in Alberta, Dirks was MIA.

As education minister, he should have been

the government's leader on this file. Instead, he literally ran away when faced with questions.

CBC News, Dec. 4: "Education Minister Gordon Dirks ran from reporters Thursday as they questioned him about where he stands on a controversial bill about student gay-straight alliances." The previous evening, aghast with Dirks' evasiveness, NDP Leader Rachel Notley had challenged him directly in the legislature: "I would love to have the Minister of Education actually get up and engage in this debate."

"Are you serious?" was Dirks' response.

The next day in the legislature, after fleeing from those pesky reporters, Dirks said, "We support GSAs." But he evaded opposition questions on why then he'd introduced a bill that would allow school boards to block the creation of such clubs. There was good reason to doubt Dirks' intentions, given his past leadership roles at Rocky

Mountain College, Ambrose University College and Centre Street Church — three Calgary-based Christian institutions that call homosexuality immoral.

This position is common among evangelical organizations (though increasingly less so, thankfully). What's uncommon — at least in Canada — is for a government to anoint someone from this realm as unelected leader of a public school system, as Prentice did.

Dirks eventually got elected in Calgary-Elbow in October. Still, the Dirks experiment blew up in Prentice's face. The public outcry forced the premier to shelve Bill 10, pending more "consultation with Albertans."

The worst worries about Bill 10 were confirmed later in December when Calgary Roman Catholic Bishop Fred Henry voiced enthusiastic support in a letter.

Bill 10 was a win-win, Henry gushed. "It enshrined parental rights, recognized the autonomy of local school boards and student rights... without mandating gay-straight alliances," he wrote. "In fact, we already have in place policies, protocols and resources supporting inclusive communities."

Translation: GSAs are unnecessary, and thank you, Minister Dirks, for attempting to pass a bill that recognized as much!

Now that the storm has mostly passed, Dirks has decided to — or, perhaps, is being permitted to — come out of hiding.

He went to an Edmonton forum on GSAs last week. And he's portraying himself as a leader who's been a strong ally of LGBTQ Albertans all along.

But real allies don't stay mute when their voices are needed most.

Your Calgary



The dog days of winter

Allison Saunders has been pet-sitting Shadow, her friends' Basenji Blue Healer, while they vacation in Hawaii. The pair played in the Mayland Heights area Sunday afternoon. **JENNIFER FRIESEN/FOR METRO**

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Upcoming

2015 Particle + Wave Media Arts Festival

Members of Calgary's media-arts community will gather for the second annual Particle + Wave Media Arts Festival, which runs Feb. 4 to 8 at various venues throughout the city.

Presented by the EMMEDIA Gallery & Production Society, the five-day event promises art enthusiasts a chance to "celebrate the critical innovation and creativity present in the media-arts community."

The EMMEDIA website says the event will highlight art that's "constantly evolving and growing with the integration of ever-changing technological processes" and will feature both local and national artists. **METRO**

Kinetic energy and razor-sharp teeth come to Telus Spark

Fans of dinosaurs, kinetics and modern art will want to check out the Dinosaurs In Motion exhibition running at the city's Telus Spark.

According to the Telus Park website, the exhibition will run from Jan. 31 to June 28 and features 14 "magnificent" sculptures created and designed by the late sculptor John Payne that look and move like the prehistoric reptiles of the past.

Information from Telus Spark indicates the exhibition's stop in Calgary will be the first time the metal monsters have ventured to Canada. **METRO**

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METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Justin Timberlake and Jessica Biel are, indeed, expecting. GETTY IMAGES

Timberlake finally confirms baby we all knew was coming

Justin Timberlake is just the latest person in an impressive line of people to announce that his wife, Jessica Biel, is pregnant.

But I guess since it's actually his kid and all, his announcement should count more.

Timberlake celebrated his birthday over the weekend by posting a photo to Instagram of him kissing Biel's very pregnant belly. (Or at least we're assuming

it's Biel. Because it would be really weird if it wasn't.)

He captioned the photo with some heartfelt thanks and an abundance of hashtags, including #BoyOrGirl and #YouNeverKnow.

Listen, I don't want to tell Timberlake how to do his job as a soon-to-be dad, but he does know that they will, in fact, know at some point, right?

For those keeping track at home, InStyle editor-in-

chief Ariel Foxman first leaked the big news on her Instagram with a quickly deleted post in November.

And then in December, Timberlake's former bandmate Joey Fatone told InTouch that there was, in fact, a baby on the way.

I'm guessing Timberlake wanted to squeeze his own announcement out before it ended up in Katy Perry's Super Bowl halftime show or something.

Jay Z offers \$56 million for Swedish streaming service

If Jay Z needs help spending all of his money, I'm happy to offer some suggestions. His latest big-ticket idea? Offering \$56 million to buy Aspiro, a Swedish firm offering high-quality streaming music services. If the bid is accepted, Jay Z's company will have total control over Aspiro's paid subscription services, WiMP and Tidal. Whatever he plans to do with them, I'm sure Mike Huckabee will take issue with it.



Jay Z GETTY IMAGES



Whitney Houston and her daughter Bobbi in 2011. THE ASSOCIATED PRESS FILE

Whitney's daughter found unresponsive in bathtub

The daughter of late singer Whitney Houston was found unresponsive in her bathtub Saturday and taken to a hospital in the north Atlanta suburbs, police say.

Bobbi Kristina Brown was found by her husband, Nick Gordon, and a friend and given CPR, said Lisa Holland, a spokeswoman for the Roswell Police Department. When police arrived, Brown was taken alive to hospital.

As of late Sunday, there

were no updates on her condition from the hospital or her family.

Brown, 21, is the only child of Houston and R&B singer Bobby Brown.

Houston was found dead in a hotel bathtub in 2012 at the age of 48. Authorities concluded she had accidentally drowned, with heart disease and cocaine use as contributing factors.

Houston left her entire estate to her daughter.

THE ASSOCIATED PRESS

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Katy Perry makes a grand entrance at the Super Bowl show. GETTY IMAGES

Katy dazzles at halftime

If you're like us, what you really wanted to hear during last night's Super Bowl was Katy Perry's halftime roar, and she did not disappoint.

From her entrance on a golden mechanical lion while singing her megahit Roar to her duet with Lenny Kravitz on I Kissed A Girl, Perry managed to give her fans all of her hits in one shot.

The popular singer also took to the air, travelling around the stadium on a floating shooting star while singing her hit song Firework.

Despite all of that, it's safe to say that it was a cameo by

Halftime goal

"I hope at the end of the day that 100 million people are all smiling in unison."

Katy Perry describes her Super Bowl halftime show game plan

Missy Elliott that stole the show.

The rapper came out to perform her now-classic hit Get Ur Freak On and promptly dazzled social media, leaving many hoping she'll release new music soon. LENYON WHITAKER/METRO IN NEW YORK CITY

Super advice

Katy Perry was so nervous about her Super Bowl Sunday performance she told Billboard she planned on sending last year's Super Bowl performer, Bruno Mars, an email asking for some tips. She read the email out loud to Billboard and it's beyond adorable.

- "Hello, exclusive Super Bowl club member! I was wondering if you are in L.A. at all this month and would have tea with a sister who is about to throw up with nervousness re: (football emoji). I've heard about your process through our managers, but am wondering if you had more insight on important things like, spray tan the night before or three nights before? JK, or maybe not!"

MATTHEW LEE/METRO IN NEW YORK CITY

Rolling Stone. Old star, new star shine at A-list party

Aerosmith frontman Steven Tyler charged up a frenzied crowd on the eve of the Super Bowl that features his beloved New England Patriots.

Tyler played fan favourites at the Rolling Stone party, including Dream On, Sweet Emotion and Cryin' in front of an audience that sang along in unison for most of the songs.

The venue was adorned

with Rolling Stone covers from over the years, and Tyler made a reference to magazine founder Jann Wenner's influence on the music industry between songs.

Tyler followed British pop star Charli XCX, who set the stage with an energetic set.

"Who's excited for the f-ing Super Bowl?" she shouted. "I thought it was baseball until a few months ago. I'm

from the U.K."

Tyler largely avoided any reference to the Patriots, despite a long history with the team.

The Boston rocker has been a fan of the Patriots for several years, and famously sang the national anthem in the AFC Championship two years ago.

THE ASSOCIATED PRESS



Super Bowl newbie

"I thought it was baseball until a few months ago. I'm from the U.K."

British pop star Charli XCX



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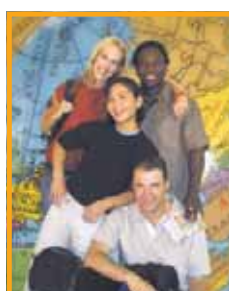
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Stumped by the ways to save

Planning. Should you pick an RRSP, TFSA or a combination of the two? Gail explains why the choice can be baffling



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

One of the financial goals that inevitably floats to the top of the list is saving more money. It's a good goal. But there are so many different vehicles you can use to save that sometimes the choices become the barrier to saving.

At the height of RRSP season you'll no doubt hear the seven, nine and 11 best reasons to use an RRSP. But is it a good choice for you? Ever since the Tax Free Savings Account (TFSA) came on the market, this is the big question.

The RRSP's big benefit isn't just as a savings vehicle, it's also as a way to save on taxes now because of the tax deduction. You can contribute up to 18 per cent of your earned income in 2014, to a maximum of \$24,930 for 2015.

Most people don't come anywhere close. But if you made an income of \$60,000 in 2014 and put \$10,800 into an RRSP in 2015 (at a 30 per cent marginal tax rate), you'd reduce your taxes from \$11,686 to \$8,322, for a savings of \$3,364 on your taxes. Wouldn't you rather keep that \$3,364 to use to meet your goals?

The contribution limit for a TFSA for 2015 is \$5,500. Put \$5,500 a year in a TFSA at an average return of four per cent over 30 years and you'll have over \$319,000, \$154,000 of which you didn't have to bust



If you have a low income and it's taking almost all your money just to make ends meet, then a TFSA is a better bet. ISTOCK

your butt to earn.

Put \$5,500 a year into an RRSP and reinvest the tax refund you get (assuming you're paying tax at 30 per cent) in a TFSA and, all things being equal, you'll have an extra \$93,000, which is the compounded return on the tax savings you put in the TFSA.

If you have a low income and it is taking almost all your money just to make ends meet, then if you decide to save a little somethin' somethin', a TFSA is a better bet. If you're going to be able to make do with the income CPP and OAS provide, then squirrelling away whatever you can manage in a TFSA makes way more sense.

And if you're going to have an income that lets you qualify for the Guaranteed Income Supplement, then using a TFSA will also work better for you. Ditto if you're well into your career and still have a low tax rate.

Claiming a deduction for an

Quoted

I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early.

RRSP contribution when your taxes are low, piling up a stash of cash, and then paying more in tax when you cash out at retirement makes no sense. If you think you'll likely always be at the lowest tax rates then you should stick with a TFSA.

However, if you expect that over time your income and tax rates will increase, an RRSP will save on taxes big-time. You don't have to claim the deduction in those early years. Make your RRSP contribution but hold the deduction for when your taxes are higher and you'll get a bigger refund. You can then use the taxes you save to fund your TFSA contribution. Or perhaps, by then

you'll have other priorities like paying down your mortgage or funding an RESP for your kids.

If you're close to hanging up your spurs, and you haven't made any RRSP contributions so far, go with a TFSA. The same holds true if you've got a great pension plan at work since having a whack of taxable income in an RRSP will be less than optimum come retirement time. If you're concerned about losing your OAS to the clawback, go with a TFSA instead of an RRSP.

For virtually everyone else an RRSP is an awesome idea. Don't be confused by all the blah blah blah into thinking you won't benefit from an

Which is best?

For some it is an either/or game. The people who most benefit from choosing a TFSA:

- Have a low income/low tax bracket
- Are banking on CPP, OAS and the GIS
- Are close to retirement and haven't saved much
- Have a great work pension plan

For everyone else, an RRSP or a combination of RRSP/TFSA means you'll have more money when you decide to hang up your spurs.

RRSP because the income you take out is taxable. Remember, you didn't pay any tax on the money that went into the RRSP (unlike the money that went into a TFSA). So to put \$5,500 into an RRSP you need gross only \$5,500, but to make the same contribution to a TFSA you'd have to have earned \$7,150 in pre-tax income (at a 30-per-cent tax rate).

I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early. Sure, there were years when I barely made a contribution, but as my income and spending needs changed I shifted my contributions to make the RRSP work for me. And as soon as the TFSA became available, I started putting money into one.

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Notice of Decision For Permanent Guardianship Order To Samantha Smith

Take notice that on the **28th day of January 2015 at 9:30 a.m.**, at **Calgary Family Court, Courtroom #302, 601 – 5th Street SW, Calgary, Alberta**, a Permanent Guardianship Order was granted, with no post-PGO access and no termination visit.

A Director, under the Child, Youth and Family Enhancement Act has made an application for: **Permanent Guardianship Order**; of your child born on **February 19, 2014**. You did not attend in person or by a lawyer, and a Judge made a Permanent Guardianship Order with no post-PGO access, and no termination visit, in your absence.

You are bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services
Phone: (403) 297-2978

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A glazed twist on a lunch classic



This recipe serves four. ROSE REISMAN

Recipe. This salmon sandwich gets a boost from sweet rice vinegar, miso paste and a little zip from wasabi, lemon juice



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD



From your fridge to your table in 30 minutes or less

Whether you've got leftovers or are cooking up a freshly baked salmon, both options make for either a great warm or cold sandwich with an Asian twist. The mirin and miso glaze is a perfect match for this dish. One way I cut calories is to take a sandwich baguette and remove the breadly stuffing.

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with vege-

Ingredients

- 3 tbsp mirin or sweet rice vinegar
- 1 tbsp light miso paste
- 2 tbsp brown sugar
- 2 tsp toasted sesame seeds
- 1 lb skinless salmon fillet sliced lengthwise into 4 pieces
- 1/3 cup light mayonnaise
- 1 1/2 tsp wasabi paste
- 1 1/2 tsp lemon juice
- 4 (3 oz) baguette rolls, sliced in half
- 1/2 small ripe avocado, sliced thinly
- 16 round slices thinly cut English cucumber

Nutritional information

Per serving

- | | |
|-----------------------|------------------------|
| • Calories. 470 | • Total fat. 20 g |
| • Carbohydrates. 41 g | • Saturated fat. 3.5 g |
| • Fibre. 3 g | • Cholesterol. 5 mg |
| • Protein. 29 g | • Sodium. 610 mg |

table oil.

2. Combine the mirin, miso, sugar and sesame seeds in bowl.

3. Brush the skinless salmon fillet pieces with half the mirin mixture and bake for 10 minutes per inch of salmon thickness. Flake the salmon into smaller pieces

and mix with remaining mirin mixture.

4. In a small bowl, combine the mayonnaise, wasabi and lemon juice. Spread this mixture over baguette halves. Top with the salmon mixture, add thinly sliced avocado and cucumber slices, and place other baguette half over top.

To do, or not to do, during flu season

Staying healthy. Taking care of yourself and those around you is key to kicking seasonal viruses

JACQUELINE KOVACS
For Metro

Felled by the flu or suffering through a nasty cold? Don't even think about dragging yourself through your daily routine.

"Taking a step back and taking care of ourselves, for most people, can shorten the length of time they feel unwell," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital. "It's probably one of the best things that people can do."

But it's not the only one. Here are Graves' dos and don'ts for getting through a bad cold or flu.

Do stay hydrated

Getting enough fluids is always a good practice, but it's even more important when

you are battling a seasonal cold or flu. "Very often, these episodes come with fever, diarrhea or vomiting," Graves said. "People can get dehydrated and that can make you feel even worse." So fight back with fluids — water, juice and herbal teas are all good choices, as is good old chicken soup.

Do get lots of rest

Busy may be the new black, but it won't help you heal. "It can be difficult to find the time to rest, but it is the body's opportunity to recuperate," Graves said.

Do keep on exercising — or don't

Should you exercise when you are sick? "This is something I get asked about a lot," Graves said. And her answer is a qualified yes. "If you feel well when you're exercising, then there's probably no harm." But that



If you aren't feeling well, do your co-workers a favour and stay home so you're not spreading the virus. SHUTTERSTOCK

is assuming you have no difficulty breathing and that your routine is not causing

you extra challenges. "If you're having issues with breathing, then running

outside in the cold is probably not a good idea," she said. "When you're sick, it's

not the time to push yourself over the limit."

Do keep it clean

Washing your hands is one of the most effective ways of curbing the transmission of viruses. "Handwashing is really helpful in not spreading a virus to others in your household," Graves said.

Don't go to work

If you are feeling lousy and coughing like mad, why would you share that misery with your colleagues and, if you take transit, harmless strangers on your commute? "If they're not well, I encourage my patients to stay home," Graves said.

Don't be fooled

Over-the-counter medications are great for short-term symptom management, but that's about it. "An illness has to run its course," Graves said. "In the short term for symptom relief, over-the-counter remedies are great, but they won't shorten the length of time of the illness."



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PHC-13942

It's about to get personal in the classroom

Education. Swap in this new approach and nix standardized testing, B.C.'s educators hear

Schoolchildren in China drilling their tongues to pronounce English words correctly often find themselves picking up more ZZZs than ABCs.

Half a year can be spent practising rote verbal exercises, a mind-numbing method that can kill youngsters' enthusiasm for learning, said a former English teacher from China who's seen it firsthand.

Such a teaching style has evolved to meet institutions' needs for generating high scores in standardized testing, but Yong Zhao said the same harmful effect on Chinese students may be happening in British Columbia.

Zhao is now a top international education consultant based in Oregon who was invited by B.C.'s Education Ministry to spell out his vision for upgrading the provincial school system.

"My extreme advice — we should do away with all of (standardized testing)," Zhao said in an interview after addressing a forum of more than 150 educators and interested business and community leaders.

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teach-



The debate over whether standardized testing will help to form a successful, employable adult continues. ISTOCK

Quoted

"It's a waste of money, very little value, destroys parents, destroys schools, too, and puts students and teachers in a bind for high-stakes testing."

Yong Zhao on standardized testing

ers in a bind for high-stakes testing."

The province should revolutionize the system by shifting the teaching emphasis to nurture every child's individual passion and talents, Zhao said. The concept is called personalized learning, and gives both students and teachers more space to explore their diverse abilities.

"To be creative, to be entrepreneurial, you cannot skip the basics," Zhou told

the room.

"But the basics should come after we have a passion. Sometimes we do the basics and we have killed people's interest."

His call for innovation comes at the same time B.C. teachers are administering the standardized Foundation Skills Assessment tests to children in Grades 4 and 7, and as the province's education minister announced a new education strategy.

the baby out with the bath water," Fassbender said. "And as Dr. Zhou said, there are great ideas but if we try to go from here to here we're going to scare half the population."

The minister said development of the K-12 Innovation Strategy will be ongoing but avoids a top-down approach and instead encourages students to explore what's relevant to their own lives.

A working group will be formed to connect school districts, participating schools and interested organizations such as the B.C. Teachers' Federation and associations representing superintendents, principals and independent schools.

The ministry also released an updated B.C. Education Plan, which better articulates the concept of personalized learning and proposes to further examine a suite of student assessment tools.

Zhao, now a professor at the University of Oregon who studies global educational policy, told the crowd that the world's established edu-

cation systems drive creativity down and discriminate against students with diverse abilities.

He said children already have a tremendous capacity to soak up foundational skills — so long as the learning methods are engaging.

He suggested teachers should provide fewer explicit instructions and instead give students broader ownership over their learning, placing more emphasis on developing individually meaningful skills while making better use of global resources.

Teachers' federation president Jim Iker welcomed Zhou's vision as a "breath of fresh air."

The union has long argued general, cognitive-skills tests don't help students learn or teachers teach.

"Workplaces want young adults who are able to be creative, who are confident, who are self-reliant, who've got social skills," he said. "That's an important piece that's not part of a standardized test."

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Career. Glassdoor.com reveals the top 25 jobs to land this year in the United States

If you're looking for a new career that will help you rake in the dough, perhaps you should consider throwing yourself into tech, health care or finance.

Why?

Well, according to a report from Glassdoor.com, those three industries contain some of the best jobs in the United States.

What makes a job the best



Glassdoor.com determined that a physician's assistant has the brightest career future. ISTOCK

With a growing and aging population, it should come as a surprise to no one that the No. 1 job on the list was in the medical field — specifically, as a physician's assistant.

Glassdoor reports that a physician's assistant can expect an average base salary of \$111,376 and plenty of potential career growth.

What the list does not take into account is the amount of education one needs for these careers. Earning an advanced specialized degree takes time and money, and for some, the trade-off might not be worth it.

METRO

in America? Well according to Glassdoor, the best jobs are determined as such by their salary potential, growth, and number of job listings.

Did your job make the cut?

Glassdoor's list of careers in the United States and their average base income:

- 1) Physician's Assistant: \$111,376
- 2) Software Engineer: \$98,074
- 3) Business Development Manager: \$94,907
- 4) Human Resources Manager: \$96,443
- 5) Finance Manager: \$122,865
- 6) Marketing Manager: \$100,130
- 7) Database Administrator: \$97,835

8) Product Manager: \$113,363

9) Data Scientist: \$104,476

10) Sales Manager: \$76,556

11) Solutions Architect: \$121,657

12) Mechanical Engineer: \$73,015

13) QA Engineer: \$77,499

14) Business Analyst: \$74,638

15) Electrical Engineer: \$76,803

16) Network Engineer: \$87,518

17) Network Engineer: \$87,518

18) Audit Manager: \$69,271

19) Physical Therapist: \$64,806

20) IT Project Manager: \$103,710

21) Client Services Manager: \$103,736

22) Supply Chain Manager: \$83,795

23) Mobile Developer: \$79,810

24) Nurse Practitioner: \$95,171

25) Sales Engineer: \$91,318

Advice

I thought hilarious, they thought hurtful



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I pride myself on being the most hilarious person at my office. I consider myself an amateur insult comic: my style is dry, observational humour. However, I recently made a joke that apparently went "too far." What I thought was a hysterical jab at a colleague's sweater was deemed "mean." I don't want to give up my comedy, but I also don't want everyone at work to hate me. How can I walk this fine line?

— They Just Don't Get It

Dear TJDGI,
Do your co-workers not "get it," or would they rather not be heckled while they work? You may think you missed out on a career slinging jibes in dark basement clubs and they may think you're unprofessional.

Since you're a comedian, hone your timing. Envelope-pushing jokes might get a very different response during after-hours beers than middle-of-the-afternoon meetings. Audience is also important: While your sweater-wearer wants you to leave their knits alone, other colleagues might dig your



Remember that not everyone you work with shares your particular sense of humour. Mind the more sensitive souls. ISTOCK

so-honest-it-hurts approach. Either way, be very careful with your material. The office is no place to workshop edgy (read: offensive) topics, unless you want your next audience to be HR. You don't have to shut down your jokes, but you do need to be careful about when and whom you roast. It's true that funny co-workers are usually beloved. Not so loved: Co-workers who think they're funny, but aren't.

Dear Metro,
I was abruptly let go from my last job when my company downsized. And while I've found a new position that I really like, I can't shake the irrational fear that history will repeat itself. With every typo or slight miscommunication, I worry that I'm going to get fired. It's exhausting! I really want to start feeling like myself around the office. How can I chill?

— Pink Slip Paranoia

Dear PSP,
To scrap your anxiety, acknowledge its source. Your fears aren't irrational; they're

founded in a very real and unpleasant prior experience. Although there's currently no threat of the sack, it makes sense that your nerves are racked.

Next time a teensie mistake inflates into a blimp-sized freak-out, remind yourself that your worries are rooted in your past, not your present. A typo is not grounds for termination, and your new employer likely understands that you're on a learning curve. Even if you think your previous dismissal was linked to your performance — not just restructuring — you now have the opportunity to boost your game. Instead of fretting over little fumbles, focus on honing your work.

Regardless of your history, it can take a while to get comfortable in a new workplace. Be patient as you grow accustomed to your present gig. With time, your worries will get downsized — not you.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.



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MS Excel 2010 (Foundation)	18	Mondays & Wednesdays - February 2, 4, 9, 11, 18 & 23 3 Saturdays - April 11, 18 & 25
MS Office 2010 Advanced - Word & Excel	18	Mondays & Wednesdays - March 2, 4, 9, 11, 16 & 18
MS Access 2010 (Foundation & Advanced)	24	Tuesdays and Thursdays - February 3, 5, 10, 12, 17, 19, 24 & 26
MS Outlook 2010	12	2 Saturdays - February 21 & 28
MS Power Point 2010	12	2 Saturdays - February 21 & 28
Keyboarding	12	2 Saturdays - February 21 & 28

*Schedules and fees are subject to change without prior notice.

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Power of personal stories

Passages Canada speakers' program

When the federal government declared the first nationally recognized Black History Month in February 1996, it created opportunities for all Canadians to honour and remember black heroes, leaders and achievers.

"Sharing stories of cultural heritage builds understanding, empathy and connections," says Hannah Reimer, a volunteer speaker with Passages Canada.

Reimer looks forward to more speaking engagements this month before elementary, high school and community group audiences.

Born in Swaziland, Reimer says she values "Black History Month because it keeps the struggles and successes of those who came before, fresh in my mind. It reminds us of where we've been and how far we've come."



Michael Farkas shares personal stories at a Passages Canada event last February in Montreal. CONTRIBUTED

The Passages Canada speakers' program is part of Historical Canada, an organization dedicated to increasing awareness of Canadian history and citizenship. More than 200 speakers of African, Caribbean and black heritage will share their stories of identity, culture and heritage with new and established Canadians across the country this month.

"This free program addresses the power of personal stories," says Calina Ellwand, Passages Canada's program co-ordinator of

the popular program, which seeks speakers on a variety of subjects. "Speakers recognize they're providing audiences with an opportunity to learn something new and something that has not been well-documented."

Black studies Prof. Dr. Afua Cooper and her colleagues recognize the need for discussion about the black community's past, present and future. This May 21-24, the second biennial Black Canadian Studies Association Conference takes place in Halifax



Clement Ndiaye speaks at a Passages Canada event last February in Montreal. CONTRIBUTED

at Dalhousie University, where delegates will examine ways to ignite black leadership in Canada.

"The long history of black people in Canada has been shaped by a struggle for recognition," says Cooper, chair of the Black Canadian Studies Association. "It's imperative that we analyze the state of black Canadians across Canada and generate strategies for the future."

— Heather Beaumont

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Patriots defenders mob teammate Malcolm Butler after the safety intercepted a pass in the end zone. The pass from Russell Wilson, not pictured, was intended for Ricardo Lockette, front.

CHARLIE RIEDEL/THE ASSOCIATED PRESS

Pats deny Seahawks a championship repeat

NFL. New England withstands a late drive by Seattle thanks to undrafted rookie's interception in end zone

Tom Brady and the Patriots made this Super Bowl all about football, not footballs.

Clutch football, spiced by a sensational fourth-quarter rally and a goal-line, game-saving interception.

The record-setting Brady threw for four touchdowns, including a three-yarder to Julian Edelman with 2:02 remaining Sunday night as New England rallied from a 10-point deficit to win its fourth Super Bowl in the Brady-Bill Belichick era, 28-24 over Seattle.

But the Patriots (15-4) had to survive a last-ditch drive by the Seahawks (14-5), who got to the 1, helped by a spectacular juggling catch

by Jermaine Kearse. Rookie Malcolm Butler stepped in front of Ricardo Lockette and picked off Russell Wilson's off-target pass to complete one of the wildest Super Bowl finishes.

Brady leaped for joy on the Patriots sideline after Butler's interception.

"It wasn't the way we drew it up," said Brady, who won his third Super Bowl MVP award. "It was a lot of mental toughness. Our team has had it all year. We never doubted each other, so that's what it took."

Brady surpassed

Joe Montana's mark of 11 Super Bowls.

touch-

Super Bowl

28

Patriots

24

Seahawks

down passes with a five-yarder to Danny Amendola to bring the Patriots within three points.

Seattle, seeking to become

No. 2 in more ways than one

Seattle wide receiver Doug Baldwin drew a penalty flag for unsportsmanlike conduct after catching a touchdown pass to put the Seahawks up two scores in the Super Bowl. Why? Something of a mystery to television viewers.

Doug Baldwin THE ASSOCIATED PRESS

the first repeat NFL champion since New England a decade ago, was outplayed for the first half, yet tied at 14. The Seahawks scored the only 10 points of the third period, but the NFL-leading defence couldn't slow the brilliant Brady when it counted most.

It didn't matter how much air was in the balls, Brady was unstoppable when the pressure was strongest. While pushing aside the controversy over air pressure in the footballs stemming from the AFC title game,

Quoted

"For it to come down to a play like that, I hate that we have to live with that because we did everything right to win the football game."

Seahawks head coach Pete Carroll

the Patriots toyed with Seattle in the final 12 minutes.

Seattle didn't quit and Kearse's 33-yard catch with 1:06 remaining got it to the 5. Marshawn Lynch rushed for four yards, then backup cornerback Butler, who was victimized on Kearse's reception, made the biggest play of his first NFL season with 20 seconds remaining.

"I just had a vision that I was going to make a big play and it came true," said Butler, an undrafted rookie from West Alabama. "I'm just blessed. I can't explain it right now. It's crazy." THE ASSOCIATED PRESS

Speedskating. Morrison captures his 40th medal

Denny Morrison reached a milestone with his 40th individual World Cup long-track speedskating medal on Sunday, while fellow Canadian Ivanie Blondin captured her sixth medal of the season.

Morrison earned his first trip to the podium this season with a bronze in the men's 1,500 metres, while Blondin took silver in the women's mass start.

Blondin, from Ottawa, finished in eight minutes 47.51 seconds and was edged at the finish line by Irene Schouten of the Netherlands by 0.04 seconds. Schouten's teammate Mariska Huisman finished third.

Blondin now has five mass start medals this season, including two gold.

Earlier Sunday, Blondin was disqualified in the 3,000 metres after she stumbled and kicked a block separating the two lanes. It cost Canada a quota

Split second

0.01

Morrison's time of 1:46.03 seconds was one hundredth of a second away from his best time of the season.

spot in the women's event at the World Allround Speed Skating Championships in Calgary, set for March 7-8.

"Today's mass start was definitely a struggle after being disqualified in the 3,000m," said Blondin. "I'm pleased with the silver in the mass start. I wouldn't have been able to do it without the support of my teammate Kali Christ, who is most affected by my disqualification for a quota spot in the World Allround Championships. This has made me realize how strong our team is, and how powerful teamwork can really be." **THE CANADIAN PRESS**

F1. Hamilton craving competition in title defence

Lewis Hamilton hopes to have several challengers, rather than just his Mercedes teammate Nico Rosberg, when he defends his Formula One title this season.

Last year's fight was intense, with Hamilton and Rosberg feuding as their title scrap went down to the final race in Abu Dhabi.

But everyone else was lagging way behind and Mercedes was mostly unchallenged, winning 16 out of 19 races and finishing nearly 300 points clear in the constructors' championship.

Matching that, let alone surpassing it, is a very tall order and Hamilton expects the competition to be sterner when the new season starts on

Quoted

"I'm ready. That's all I need to be."

Lewis Hamilton on having a repeat of his contest with Nico Rosberg

March 15 in Melbourne.

"I always want to make sure there's a fight. The battle we had last year was really good fun. That's what I live for," Hamilton said. "The more people I get to race (against) the merrier. Bring it on."

Hamilton beat Rosberg by 67 points last year, although the margin was made bigger by the fact double points were on offer in Abu Dhabi.

THE ASSOCIATED PRESS

NHL

Coyotes earn comeback win

Lauri Korpikoski scored two power play goals and Louis Domingue got the win in his first NHL start as the Arizona Coyotes posted a comeback 3-2 win over the Montreal Canadiens on Sunday afternoon.

Oliver Ekman-Larsson also scored for the Coyotes (18-26-3).

Domingue finished with 18 saves. **THE CANADIAN PRESS**

NHL

Steen leads Blues past Capitals

Alexander Steen had two goals and an assist, Brian Elliot stopped 33 shots, and the streaking St. Louis Blues held on to defeat the Washington Capitals 4-3 on Sunday afternoon.

The Blues have won five straight and 10 of 11.

Washington's Alex Ovechkin scored twice, giving him a league-leading 31 goals. **THE ASSOCIATED PRESS**



Novak Djokovic won his fifth Australian Open on Sunday while Andy Murray placed second in the Grand Slam for the fourth time. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Djokovic on top again Down Under

Tennis. Serb thwarts Murray for the third time in final of Australian Open

This was one occasion where Novak Djokovic couldn't really empathize with Andy Murray, his long-time friend.

As he prepared to receive the trophy for the Australian Open winner for a fifth time in five trips to the final at Melbourne Park, Djokovic turned to Murray late Sunday and offered his congratulations on his friend's recent engagement.

Nice segue, Murray — to set

Other championship matches

- Serena Williams' win — 6-3, 7-6 (5) — in the women's final Saturday night against Maria Sharapova gave the 33-year-old American a sixth Australian and 19th Grand Slam title.

- Toronto's Daniel Nestor and partner Kristina Mladenovic were dethroned as Australian Open mixed doubles champs on Sunday, losing the final to Martina Hingis and Leander Paes 6-4, 6-3.

the record straight — had just lost an Australian Open final for the fourth time, including three at the hands of Djokovic. Murray won the U.S. Open in 2012 and Wimbledon in 2013 to end decades-long droughts at the majors for British men, but was clearly upset at his inability to crack it in Mel-

bourne.

"I wish you a wonderful wedding and many kids," Djokovic said, kicking off his trophy acceptance speech.

Murray smiled. His fiancée, Kim Sears, applauded from her seat.

"It's slightly different thinking for me now since I

became a father and a husband," explained Djokovic, who won in four sets 7-6 (5), 6-7 (4), 6-3, 6-0. "I apologize for changing the subject."

His outlook on life had changed between his two most recent trips to Australia. He married longtime partner, Jelena, and the couple had a son, Stefan, in late October.

Djokovic now has eight major titles, including his five in Australia, where he won his first Grand Slam title in 2008 and then won three straight from 2011 before losing in the quarterfinals last year to Stan Wawrinka. The 27-year-old Serbian is now second on the list of all-time Australian Open winners. **THE ASSOCIATED PRESS**



Brooks Koepka GETTY IMAGES

Koepka earns first PGA Tour title

With an eagle putt that looked as long as his golf journey around the world, Brooks Koepka surged into the lead and stayed there Sunday with a 5-under 66 to capture the Phoenix Open for his first PGA Tour victory.

Lingering for most of the final round, Koepka holed a 50-foot eagle putt from the fringe on the 15th hole and

didn't make any mistakes the rest of the way.

The victory ended a long, arduous road for the 24-year-old from Florida. With no status in America, Koepka played the Challenge Tour in faraway lands like Kazakhstan and Kenya, winning four times to earn his European Tour card and then validating his status as a rising star by winning the

Turkish Open last year.

But winning at home brought the strongest validation. "It feels amazing," Koepka said after his one-shot win over Hideki Matsuyama, Masters champion Bubba Watson and Ryan Palmer. Graham DeLaet was the top Canadian in the tournament finishing in a tie for seventh spot.

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Hawks complete perfect month

Historic. Atlanta becomes first team to go 17-0 in a calendar month and are now on cusp of 20 wins in a row

After a far-from-perfect performance, the Atlanta Hawks head into February with the NBA's best record and savouring a bit of NBA history as the first team to go 17-0 with in a calendar month.

The Hawks stretched their overall winning streak to 19 straight with a gritty 91-85 victory over the Philadelphia 76ers on Saturday night, blowing a 21-point lead and actually falling behind late in the game.

In the end, it was yet another triumph for a team that hasn't lost since the day after Christmas.

"We are a resilient group," All-Star centre Al Horford said. According to STATS, the Hawks (40-8) are the first team in NBA history to win 17 games without a loss over



Atlanta Hawks center Al Horford has played his part in stretching his team's winning streak to 19 games. JOHN BAZEMORE/THE ASSOCIATED PRESS

a single month. Four teams have put together a 16-0 mark, most recently the eventual NBA champion San Antonio Spurs last March.

Also, the 19-game streak is tied for the fifth-longest with in a season. The Hawks will travel to New Orleans on Monday night looking to make it 20 in a row, which would match the 1970-71 Milwaukee Bucks. The only longer streaks

in NBA history were by the 1971-72 Los Angeles Lakers (33 in a row), the 2012-13 Miami Heat (27), and the 2007-08 Houston Rockets (22).

The Hawks are banged up as they move into a new month, but confident that their depth will help overcome injuries to Thabo Sefolosha, DeMarre Carroll and Shelvin Mack.

THE ASSOCIATED PRESS

NBA

Anthony stars as Knicks beat Lakers

Carmelo Anthony scored 18 of his 31 points in the third quarter and the New York Knicks beat the Los Angeles Lakers 92-80 Sunday.

With Kobe Bryant out for the season and both teams among the worst in the NBA, it was anything but a Super Sunday in New York, where the national TV audience that was originally scheduled to see it missed the Lakers shooting 35.5 per cent from the field.

THE ASSOCIATED PRESS

Whiteside too hot for Celtics

Hassan Whiteside scored half of his 20 points to help the Miami Heat stave off Boston's rally and snap a two-game slide with an 83-75 victory over the Celtics on Sunday.

Chris Bosh added 18 points and Tyler Johnson had 13 to help out in the absence of Dwyane Wade and Luol Deng.

THE ASSOCIATED PRESS



Arsenal guns down sorry Villa

Arsenal's Theo Walcott, right, celebrates scoring as Arsenal dismantled Aston Villa in its biggest win of the season. Mesut Ozil and Walcott — starting their first league games after long injury layoffs — were among Arsenal's five different scorers in a 5-0 win at Emirates Stadium. For the first time in its 141-year history, Villa has gone six league games without a goal. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You'll be asked to give your opinion on a controversial topic today, and you must be honest about what you think.

♉ Taurus

April 21 - May 21

Put your own needs first over the next few days, because if you don't you'll lose out to people who are not as deserving of success.

♊ Gemini

May 22 - June 21

The coming week will be a time of great activity. You know what you want, you know where to get it — now you must find the confidence to reach out and take it.

♋ Cancer

June 22 - July 23

If you help someone in need today it will make both of you feel better. But why help one person when, by joining some kind of charitable movement, you could help thousands?

♌ Leo

July 24 - Aug. 23

Stop dreaming about what you'd like to do and start doing it. It doesn't matter how far-fetched your dream is. If you start working towards it, one day it will come true.

♍ Virgo

Aug. 24 - Sept. 23

Are you inspired by other people's successes, or do they make you envious? Either way it can motivate you to do more yourself. This can be a time of real achievement.

♎ Libra

Sept. 24 - Oct. 23

Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they expect.

♏ Scorpio

Oct. 24 - Nov. 22

If someone gets aggressive in their attempts to sell you something you don't want, be it an object or an idea, be a bit aggressive back at them.

♐ Sagittarius

Nov. 23 - Dec. 21

There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

♑ Capricorn

Dec. 22 - Jan. 20

Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. It may be frustrating but don't make a big issue out of it.

♒ Aquarius

Jan. 21 - Feb. 19

There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

♓ Pisces

Feb. 20 - March 20

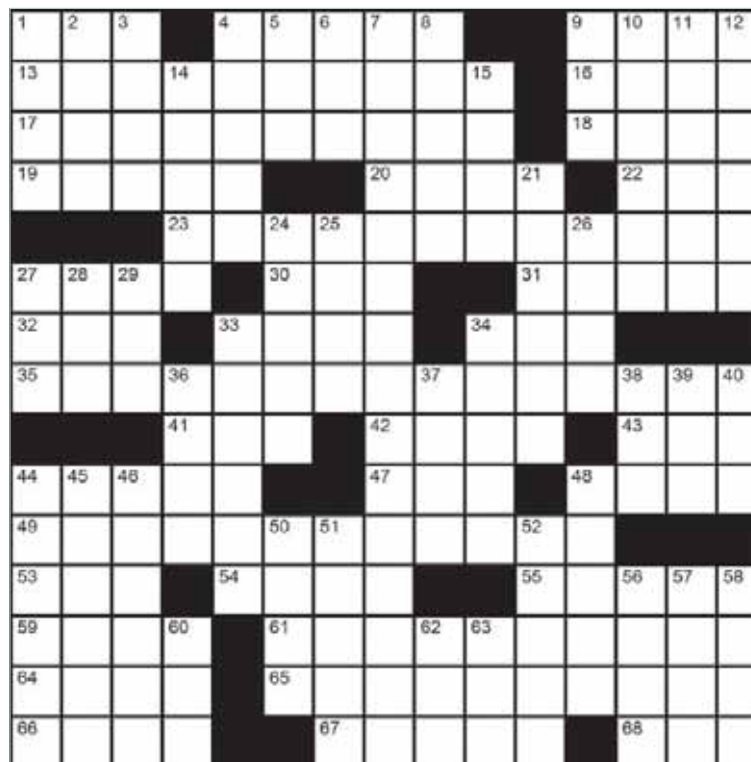
If someone annoys you today just turn your back and walk away. If you allow yourself to get drawn into an argument you will get angry and say things you might regret.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. "... and now, without further"
4. Toast's border
9. Daisy's optimistic pal
13. Twice yearly
16. Half, as in music
17. Actor born in Kirkland Lake, Ontario: 2 wds.
18. "En garde!" blade
19. Glacial ice block
20. "For ___ jolly good fellow..."
22. Split ___ (New Zealand band)
23. "Why so interested?": 4 wds.
27. 1975 War hit: "Why Can't ___ Friends?"
30. "Fabulous!"
31. Hair lock
32. Alphabetic trio
33. River to the Rhine (var. sp.)
34. La ___, city of Bolivia
35. Rihanna's latest tune, a collaboration with Kanye West and Paul McCartney
41. Lunch time, little-ly
42. Hi-___ (Electronically advanced)
43. Not in style
44. Step
47. Body of water
48. Ashen
49. Bit of #35-Across: "I'm just tryna make it back home by ___ ..."
53. Evita's land, briefly
54. 2015
55. Grace
59. "Ten-four" sayer
61. Library of ___ (Described as Canada's "most beautiful room")

- plural
- Down**
1. Botanist Mr. Gray's
 2. Remove, to a proofreader
 3. Mr. Sharif
 4. ___ a cold
 5. Monogram of Burnaby-born Edmonton Oilers player who wears #93
 6. Prefix with 'cycle'
 7. What parting is in Romeo and Juliet: 3 wds.
 8. Star Trek star George



9. Feminine 'one' in French
10. Comical sailor
11. Secretaries skilled at shorthand, shortly
12. 2013 Kanye West album
14. Floored: 2 wds.
15. For fear that
21. Affix
24. Anticipate
25. Actress Anna
26. Rice-shaped pasta
27. Panda symbol org.
28. Prefix to 'skeleton'
29. Sch. in Provo, Utah
33. Fracas
34. Nut type
36. Viking operation
37. Nostradamus, for one
38. Agatha Christie novel, ___ M?
39. Scheduled
40. Pig's pen
44. ___ one's lips (Really enjoys that meal)
45. Newfoundland town near St. John's
46. God's helpers
48. Garden guy
50. "Uh-huh." [pl.]
51. Ladies
52. Apple tablets
56. Yesterday, in Italy
57. Snick-or-___
58. Puny plane postings
60. Finished with work [abbr.]
62. Him, in Montreal
63. Elles opposites

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	8	6	3	7	4	2	5	1
5	3	7	1	2	8	4	9	6
1	2	4	5	9	6	3	8	7
8	5	9	6	4	3	7	1	2
3	6	1	2	8	7	5	4	9
4	7	2	9	5	1	8	6	3
7	4	3	8	1	9	6	2	5
2	1	8	7	6	5	9	3	4
6	9	5	4	3	2	1	7	8

5		3		1	7			6
	1			8				
			3				2	
9		4	7			1		3
	5						6	
6		1			9	7		2
	3				2			
				5			9	
2			1	4		8		5

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